

NOTE: Each participant must fill out a registration form (paper)!



## Pleasant Hill Parks and Recreation

203 Paul Street Pleasant Hill, MO 64080 • 816-540-3135 • FAX 816-987-5141

### *5K Registration Form*

| PERSONAL INFO                      |             |
|------------------------------------|-------------|
| Last Name                          | First Name  |
|                                    |             |
| Address (City/State/Zip)           |             |
|                                    |             |
| Email Address                      | Phone #     |
|                                    |             |
| Gender (Circle One)                | Age         |
| Male          Female               |             |
| Shirt Size (Circle One)            |             |
| Youth Small          Adult Small   |             |
| Youth Medium          Adult Medium | Other _____ |
| Youth Large          Adult Large   |             |
| TEAM INFO (Enter if applicable)    |             |
| Team Name                          |             |
|                                    |             |

| REGISTRATION FEES (Circle Event)   |                |                  |                  |                     |
|--|----------------|------------------|------------------|---------------------|
| 5K Run/Walk Events   | Month Held     | Pre-Registration |                  |                     |
|  |                | Kids             | 13 & Over        | Early Reg. Deadline |
| National Trails Day 5K   | June 2nd       | \$15/Participant | \$15/Participant | 5/31/2018           |
| Cass County Fair   | July 14th      | \$15/Participant | \$15/Participant | 7/12/2018           |
| Midnight Moonlight   | September 14th | \$15/Participant | \$15/Participant | 9/8/2018            |
| Individual's Name - See Bottom   |                |                  |                  | \$5/Name            |
| * Late registrations are subject to a \$10 late fee. This includes the day before AND the day of the race. |                |                  |                  |                     |
| ** Day-of registration starts 1 hour before the race.  |                |                  |                  |                     |

| RELEASE/WAIVER   |             |
|--|-------------|
| <p>I understand that running a road race is potentially hazardous activity. I should not enter unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course. I assume the risk of walking or running in traffic. I also assume any and all other risk associated with walking or running in this event including, but not limited to falls, contact with other participants, the effect of weather, the condition of the roads all such risks being known and appreciative by me. Knowing these facts and in consideration of you accepting my entry, I hereby myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not sue and waive, release, and discharge the City of Pleasant Hill and anyone else in conjunction with the 5K Run/Walk, their agents, employees, assigns, or anyone acting on their behalf from any and/or all claims or liability of death, personal injury, or property damage of any nature whatsoever arising out of or in the course of my participation in the event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known, or unknown. Minor applicants (18 years &amp; Under) will be accepted only with a parent/guardian signature.</p> |             |
| <b>Signature</b><br>(Parent or Guardian if under 18 years of age)  | <b>Date</b> |
| X  |             |

\* In support of suicide prevention with each registration you are able to add the name of a lost loved one. All names will be placed on the back of every racer's shirt. Please have names and registration forms to me no later than August 31st.